



# Quick Chicken and Vegetable Soup

**Makes:** 4 Servings

Canned vegetables are a great addition to soup recipes. This soup using low-sodium canned vegetables, is tasty, quick, and easy to prepare.

## Ingredients

- 1 onion (chopped)
- 1 **can** low-sodium tomatoes with liquid (chopped or crushed, about 15 ounces )
- 1 **can** low-sodium chicken broth (about 15 ounces)
- 1/2 **cup** chicken (cooked and chopped)
- 1 **can** low-sodium mixed vegetables with liquid (about 15 ounces)
- 1/4 **teaspoon** thyme (dried or ground if you like)
- 1/8 **teaspoon** ground pepper

## Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>160</b>
<b>Total Fat</b>	<b>2 g</b>
Saturated Fat	0 g
Cholesterol	15 mg
<b>Sodium</b>	<b>340 mg</b>
<b>Total Carbohydrate</b>	<b>26 g</b>
Dietary Fiber	6 g
Total Sugars	7 g
Added Sugars included	N/A
<b>Protein</b>	<b>13 g</b>
Vitamin D	N/A
Calcium	90 mg
Iron	3 mg
Potassium	N/A
N/A - data is not available	

## Directions

1. Use only cooked chicken (not raw) for this recipe. 2. Peel and chop the onion. 3. Put the tomatoes and broth in a pan. Cook on medium heat until they boil. 4. Add the onion. Turn the heat to low, and simmer for 5 minutes. 5. Add ground pepper, mixed vegetables, and chicken. If using thyme, add that in too. Cook for 2 minutes.

**Source:** Recipe adapted from Allrecipes.com.